

## Electrical Extension Cord Safety

It doesn't take a lot of electricity to kill you. The amount of current needed to light an ordinary 60-watt light bulb is five times what can kill a person. Thus, all electrical equipment on construction sites is potentially deadly.

Electrical extension cords are numerous on construction sites and become damaged because of the rough conditions in which they are used.

Inspect to ensure:

- All extension cords are three-wire cords;
- The ground pin is on a male plug;
- There is no unbroken insulation on the cord;
- End appliances (plug and receptacle) are gripped to insulation;
- All wires are continuous and unbroken;
- All cords are protected from damage, likely to occur when passing through a door or window;
- Metal boxes with knockouts are not used on extension cords;
- Plugs are dead-front (molded or screwed in place);
- Romex (non-metallic sheathed cable) is not used as flexible cord;
- Cords are not stapled or hung from nails;
- Bushing is passing through holes in covers or outlet boxes.
- Extension cords should be placed where they will not get damaged or pose a tripping hazard./

**OSHA SAFETY TRAINING CERTIFICATION FORM**  
**Toolbox Topic Covered: Lifting Safely - Electrical Extension Cord Safety**

Print Name

Signature

Print Name	Signature

Supervisor/Foreman Signature: \_\_\_\_\_